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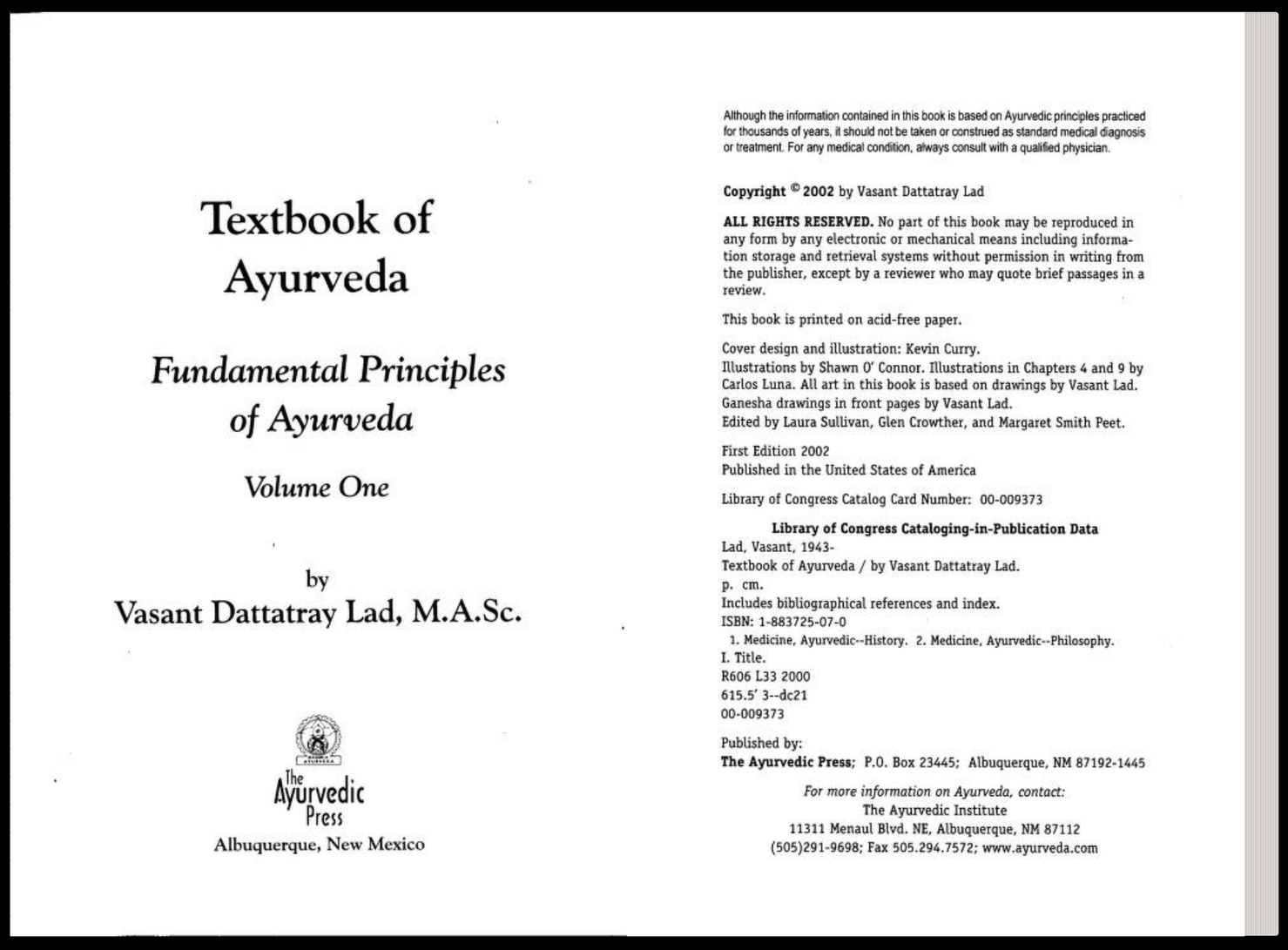

Textbook of Ayurveda

Fundamental Principles of Ayurveda

Volume One

by

Vasant Dattatray Lad, M.A.Sc.

The Ayurvedic Press

Albuquerque, New Mexico

Although the information contained in this book is based on Ayurvedic principles practiced for thousands of years, it should not be taken or construed as standard medical diagnosis or treatment. For any medical condition, always consult with a qualified physician.

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